

Lions Vie For Posts Tuesday

Two sophomores and five freshmen candidates plan to vie for office Feb. 19 in the election for class posts.

Lee Drabin and Rick Ryder have announced their plans to run for sophomore president. Jo Frisbe is presently unopposed for vice president, but sign-ups for office don't close until 11 a.m. today, according to Ralph Simon, coordinator of elections.

Qualifications for sophomore class office are a 2.0 grade point average in at least 10 units in the previous semester. Also the candidate should have completed 30 units of college work, whereas freshmen officers must have less than 30 units completed.

Students Run

The five students contesting the top freshman post are Sid Craig, Luther Eodora II, Richard Friedman, Robert W. Guy and Brian Shipton. Other candidates are Stuart Barlow and Al Plotkins, competing for vice president; Larry Golden and Sally Smith, candidates for treasurer; and unopposed for secretary is Roz Krevitz.

As part of the campaign strategy, a helicopter will fly over Valley College and drop publicity for four contesting candidates.

"The duties of the class officers vary," said Ralph Simon, coordinator of elections, "but one of their jobs is serving on executive council. They also plan activities, and I hope to see the new officers foster competition between the classes."

Better Turnout

The election will be Feb. 19, and a run-off election is set for the following day in case of ties. If for some reason there are no candidates for some offices, there will not be another election, according to Simon. Executive Council will make appointments to fill the vacancies.

Simon said, "We hope for a better turnout at the polls during this election. The past election turnout was quite disappointing."

Two Science Displays Now On Exhibition

Displays of rare and unusual compounds prepared by students in Valley's chemistry classes and a rock and mineral collection are on exhibit in the corridors of the chemistry building. There is also a plaque announcing award-winning chemistry majors.

"One showcase carries organic compounds (compounds of carbon). These were prepared by students in Chemistry 8, who are mostly pre-medical, pre-dental, chemistry and biology majors. Displayed are D.D.T. compounds, an insecticide; methyl orange indicator, used to ascertain whether a solution is acid or basic; crystal violet, a dye compound; cystine in amino acid, a compound derived from human hair; and caffeine made from tea," said Joseph Nordmann, associate professor of chemistry.

Salt Display

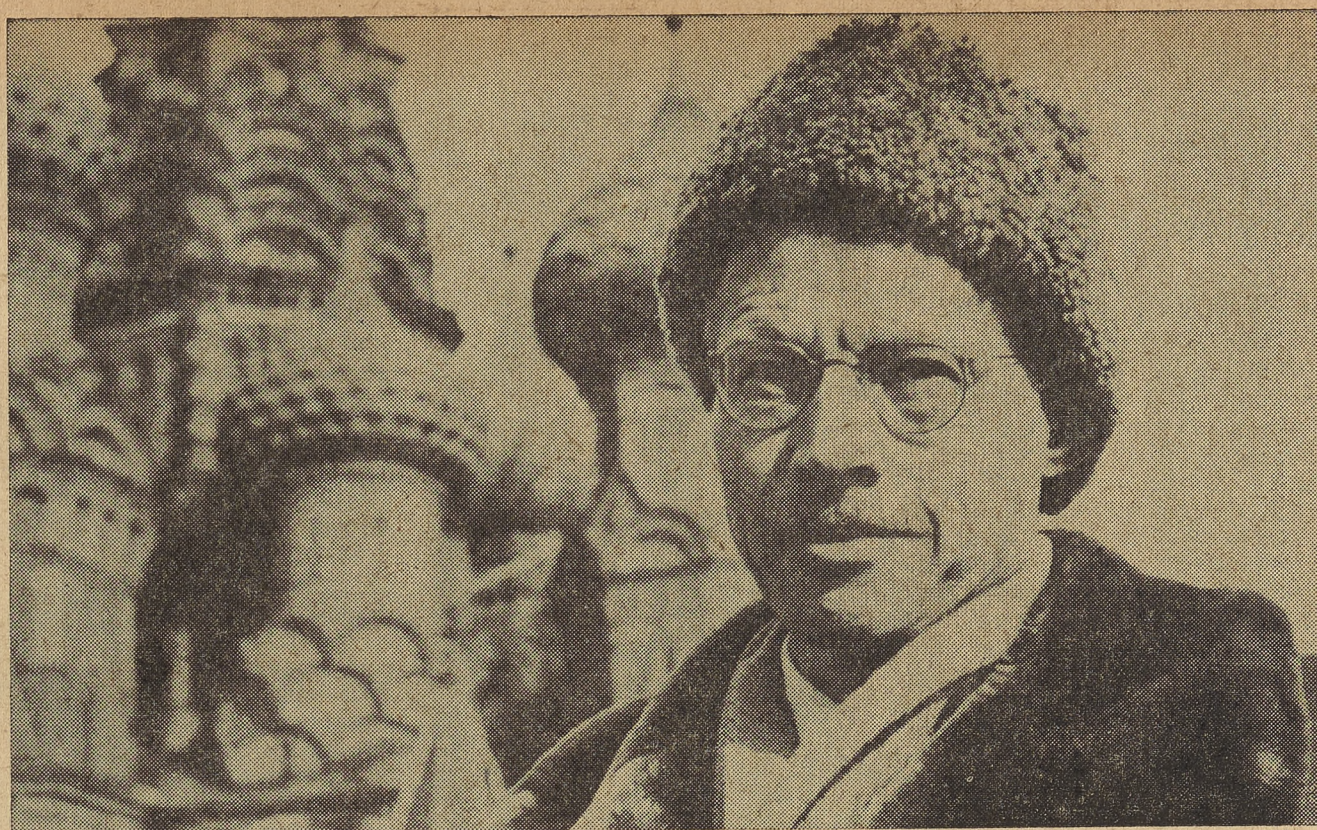
"Another display case contains a series of complex salts known as Werner compounds, prepared by chemistry majors over the past five years. The salts were named after Alfred Werner, 1866 to 1919, who was awarded the Nobel prize in chemistry in 1913 for his studies on the structure, behavior and preparation of the salts. This is an active field of research in inorganic chemistry and is a very rare collection of substances," Prof. Nordmann explained.

The plaque, titled "The Departmental Awards for Scholarship in Chemistry," was originated by Prof. Nordmann at the time he established the "Associated Students' Chemistry Department Award Fund" in the spring semester of 1961. The names of scholastically outstanding chemistry majors who would have been qualified for the award since the beginning of the chemistry department in 1953, have been engraved on the plaque.

Munns Attends Business Show

Mrs. Virginia Munns of the business department attended a convention sponsored by the State Department of Education at Fullerton Junior College on Feb. 6 and 7. The convention was held primarily to introduce data processing machines to the instructors who attended. Mrs. Munns was the only woman teacher to attend.

At the convention Mrs. Munns learned operation techniques of the 1401 computer, which she hopes will be included in the two year data processing curriculum to come to Valley College in the next two years. This course will be held this fall.



HARRISON SALISBURY—Pulitzer Prize-winning journalist, poses in Red Square in Moscow. Salisbury served as a foreign correspondent in Russia for five years. He will speak at Valley College Feb. 19.

Pulitzer Winner To Speak at VC

BY DENISE MANDELLA, City Editor
Pulitzer Prize-winning journalist Harrison Salisbury will speak at the Valley College Theater Tuesday, Feb. 19, at 8 p.m. in the first Athenaeum program of the spring semester.

Salisbury will discuss "The Coming Conflict Between Russia and China." His subject material is augmented by five years of service in Russia as a correspondent for the New York Times, and many by trips to the Soviet nation and its satellites.

In 1962 Salisbury traveled 20,000 miles touring the Russo-Chinese orbit visiting Pakistan, Afghanistan, Iran, as well as Russia, Central Asia and Outer Mongolia. The primary

reason, however, for this tour was to study the competition between the Communist powers for the dominant role in Asia.

Salisbury Basis

During 1949 Salisbury went to Moscow as a foreign correspondent for the New York Times to begin a term of service which was to last five years. He toured the Ukraine, visiting prisons, labor camps and industrial areas.

These tours were to provide the basis for a series of articles entitled "Russia Re-Viewed." These stories captured the Pulitzer Prize for Salisbury in 1954 for excellence in foreign reporting. They were later ex-

panded into the book "An American in Russia."

"To Moscow and Beyond" is the title of Salisbury's book in which he reports observations of the relationships between Russia and China as of 1960, when he visited the country to study Soviet-American relations during the Cold War.

In 1957 Salisbury made an extensive fact-finding survey of Soviet satellite countries, describing Albania as "Stalin's Russia, preserved under glass—the satellite of satellites."

Gang Wars

Salisbury's journalistic career began in 1930 when he worked for United Press in Chicago. Here he reported the gang wars of the prohibition era. Among the stories he covered during this period were the income tax evasion trial of Al Capone and the assassination of Huey Long. "All those bombings, raids and killings provided a good foundation for the larger scale warfare of World War II, a decade later," he said.

During World War II Salisbury was London Manager of the United Press. His assignments took him to North Africa and Tehran, where he covered the Big Four meeting.

He first visited Russia in 1944 on a 6,000 mile journey which included tours through Russian steel, munitions and aircraft plants. He spent eight months during 1944 visiting the war fronts and liberated cities, spending considerable time with the Red Army.

After the war Salisbury returned to the United States as Foreign News Editor for the United Press, covering United Nations sessions until 1948.

Delinquency Problem

In 1958 Salisbury made an intensive study into the American juvenile delinquency problems. He wrote a series of articles on teen-age street gangs, their schools and homes. From these articles he wrote the book "The Shook-Up Generation."

Salisbury is the author of numerous books including "Moscow Journal" and his first novel "The Palmyra Affair," published in 1962.

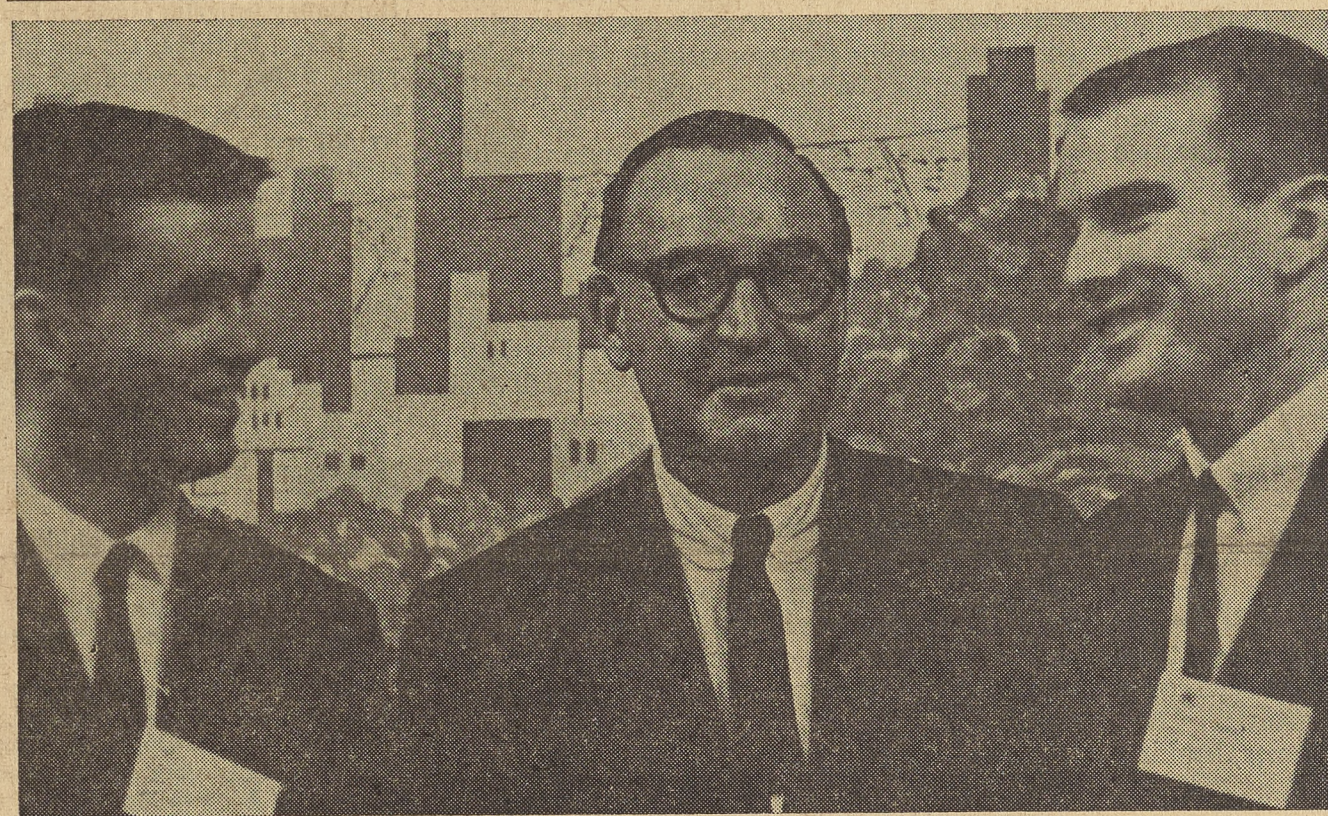
TA Presents Major Drama

"Autumn Garden" by Lillian Hellman will be presented as the first major theatrical production of the spring semester. Staged by Stanley G. Johnson, the play will run on March 6, 7, 8, 9, 13, 14, 15 and 16 at 8:15 p.m.

As the title of the play implies, the theme deals with a cast of characters who have reached the middle years of their lives and realize that it is too late to do the things they once set as goals.

Heading the cast will be Duke Massey as Edward Crossman. Massey was featured in the former Valley productions of "Dark of the Moon," "The Little Foxes" and "All the King's Men."

Others in the cast include Betty Press as Rose Griggs, Edith Winograd as Mrs. Ellis, Max Kleinmuntz as General Griggs, Larry Williams as Frederick Ellis, Deana Levitt as Sophie Tucker, Jan Burnett as Constance, Duane Ament as Nicholas Tucker and Judy Garner as Nina Denery.



STAR MEETS THE GOVERNOR—At the California Newspaper Publishers Association annual convention held last week in San Francisco, Valley College photography student Dale Robertson (l) and Valley Star Editor Rick Marks (r) have an opportunity to chat with Gov. Edmund G. (Pat) Brown.

VALLEY STAR

LOS ANGELES VALLEY COLLEGE

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Van Nuys, California

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Full Agenda Highlights Club Day

Festivities Introduce New Students to Valley Campus

BY BOBBI WAGNER, News Editor

A Karate exhibition, a pizza sale and a combo from the music department will be only a few of the highlights of Valley College's semi-annual Club Day, being held today from 10 a.m. to 1 p.m.

Club Day, being held in the Mall, is presented once a semester to acquaint all students on campus with the various clubs and their activities.

Sketches of students by student artists will be the feature of the Art Club. The sketches will be made free of charge and they will then be given to the model.

Name Tags

Associated Women Students will hand out name tags to all women students who pass by the booth. Attending the booth will be Toni Stopeck, AWS president, and other officers. Sign-up sheets for the various committees will be available to all interested women.

Coronets, women's honorary service organization, will have a bake sale and shoe-shining stand. All cookies and cupcakes will sell for 15 cents and entitle the purchaser to a free shoe shine.

The German Club will again offer coffee and strudel as they have in past club days. They will also present their current activities and a dummy dressed in ski clothing to represent the club's interest in skiing.

Karate Experts

John Leoning will appear with several black-belt Karate experts from the North American Karate Association to give an exhibition similar to the one presented in 1961. Many of the fine points of Karate will be demonstrated and explanations will be given.

The newly organized Hillel group will have a booth attended by many of its members and will offer literature about the organization.

A pizza sale will be held by the Knights, men's honorary service organization. Twenty-five cents a slice will be the charge for the food and the profits from the sale will go to the club's treasury.

The Newman Club will give free literature about their organization to interested students. The club is one of the religious groups on campus.

SCTA, Student California Teachers Association, is giving free apples to the student body with the theme, "Apples for the students." They will also have information about their club for those interested.

Cars Displayed

Sports cars by the multitude will be the display put on by the Valley College Sports Car Club. As in years past, the club will present many varied groups of cars, including Jaguars, MGAs, Austin-Healey's, XKEs, Cor-

(Continued on Page 3)

Dr. Morewitz's 'Opportunities in Physics' Starts Occupational Exploration Series

Sponsoring the first Occupational Explorations Series of the spring semester, the physics department today will present Dr. Harry Morewitz, lecturing on "The Opportunities in Physics." The lecture will meet in Physics 100 at 11 a.m.

Morewitz received his Ph. D. at New York University and worked at the Atomic Reactor plant for Western Electric and is presently employed at Atomics International as group leader in the reactor physics

group. Morewitz stated that because of the vast number of fields contained in physics, that his lecture would be a "capsule" of the opportunities rather than speaking on one field.

The Theater Arts Department on Tuesday, Feb. 19, in Theater Arts 101 at 11 a.m., will present "Race Horse." Russ Saunders, former football player for USC, will be speaking on "Opportunities in Direction and Production for Movies and Televi-

sion."

Saunders is presently employed by Warner Brothers Studio, where he is in his second year of directing pictures. Among his credits are "Hawaiian Eye" and several action scenes out of the picture "PT 109."

Until recently Sanders held the record for the most touchdown passes during a Rose Bowl game made at the game New Year's Day, 1930, against Pittsburg, when he threw three touchdown passes.

'Apples and Oranges'

VC Dropout Enigma Studied, Explained

BY LEE HUTSON, Copy Editor

"Dropout does not mean failure...it could, of course, but by and large only a small percentage of dropouts are failures."

Dr. John D. Reiter, dean of admissions, was speaking, as he began a two-hour interview with the Valley Star on the dropout issue. Taking a positive approach, Dr. Reiter explained dropout figures published in the Valley Star last week.

Studies on the nationwide dropout situation have been made for the past decade, and the compilation of facts and figures are ever increasing. Dr. Helena Hilleary, assistant dean of evening division, has made one of the most comprehensive studies in the local area, and Dr. Reiter had some of her findings before him during the interview.

"Academic reasons constitute the highest contributing factor in dropouts," Dr. Reiter said, "but what does that mean?"

Pertinent Comparisons
Several pertinent considerations were pointed out by Dr. Reiter when considering Valley's dropout figures, especially when compared with the other junior colleges in the Los An-

geles system:

- Socio-economic conditions in the San Fernando Valley.
- Valley's unique pre-registration system.
- Curriculum and probation policies at Valley.
- Valley College's size and counseling program.
- "Apples and oranges comparisons."

Elaborating, point by point, the dean of admissions made a very good case. "If you want to compare us with someone," he said, "compare us with Pierce College. They are the only other college in the system residing in the San Fernando Valley; thus, their dropout figures are the only reasonable comparison. I'm quite certain that you will find their percentages correlate closely with ours."

Figures Indicate

He is correct. A quick check of the figures published by the Los Angeles school board indicates an overall variance of about 1 per cent.

Pierce is confronted with the same socio-economic pressures as Valley. The San Fernando Valley is a vast, complex locale, with a high per capita income and a fluctuating, trans-

sient population. It is a situation that places undue pressure on the young person deciding his future, and it creates hardships for the older individuals coming back to school through the evening division, for example, to improve their education.

"Here (the San Fernando Valley), everyone goes to college," said Dr. Reiter. "It is the thing to do."

It is an excellent point. Because of its upper middle class stature, and the status symbols inherent in such a social structure, every parent wants Johnny to go to college. As a result, numerous "Johnnys" register every semester with no incentive other than parental pressure. Obviously, an individual so motivated is apt to fall by the wayside rather than face the rigors of academic life. It is the student propelled by society in search of a "status symbol" then, who constitutes a large and ponderable problem. That, coupled with the transient state of a large percentage of the Valley's population, creates a major source of dropouts.

Practical Forces

Conversely, in an older, lower per capita income area, social forces and economic needs are more likely to

direct the young person toward employment, money and the practical necessities of life. In these areas, it is usually the dedicated student, sincere in his desire for a higher education, who enrolls in college.

Dr. Reiter then went into point two: VC's pre-registration system. "Valley is the only junior college in the system with our pre-registration system," he said, "and although it is an excellent, functional system, it adds to our dropout figures."

What happens is simply this. Students currently enrolled are afforded the opportunity to register early, ahead of the incoming students, and ahead of most other colleges and universities also. While this is a boon to the students, it sends dropout figures up another couple of notches.

College Switch

Students register for the coming semester, as an example, and also apply at other schools. If they are accepted, they leave Valley and become a dropout statistic.

"Also," Dr. Reiter added, "many who register in good faith fail to attend to the draft, early marriages, sickness, bereavement, etc.,... this all (Continued on Page 3)

News Briefs

'Song Without End' Debuts

"Song Without End," depicting the life, in color, of Franz Liszt, famous 19th century pianist and composer, is the first museum film presentation of the semester. Monday, Feb. 18, 1963, dates the day of showing at 8:30 p.m. in the Women's Gym. Admission is free to student body card holders and \$1 for the general public.

Coults Leaves Hospital

Walter T. Coults, assistant superintendent of the division of adult education, is expected to leave Huntington Memorial Hospital today or tomorrow, after being hospitalized Feb. 1 with complications of the flu.

Council Position Vacant

The office of commissioner of student activities on the Executive Council is now vacant. The duties of this office include the planning and executing of all assemblies and social affairs attended by the Associated Students. Any student interested in filling this position should attend the Executive Council meeting in the student center, B. 15 at 12 m. today.

EDITORIALS

Valley Needs Active Students

How many of the students at Valley are just students? Being a student at a school and being a part of a school can be two different situations.

A student at a college takes between 2 and 19 units a semester, usually in preparation for transferring to another institution of learning. He attends all required classes, studies enough to get through the semester with at least enough of a grade point average to keep him off the probationary list and, in some cases, becomes a complacent member of the student body.

Being a part of a school includes what the student does, but it also entails many other facets of college life besides becoming a bookworm.

Being a part of a school means knowing four W's and the all important H of a college. These being where, what, who, why and how.

Why go to college in the first place? Why not go to work and save the money and time that is involved in raising the mentality of the student?

Where are all the grades the student earns

transferable to? Where is the best college for the student's major?

What is a college in the first place? Is it a place to gain more knowledge and adjust, through trial and error, to the world that eventually the student will find himself in. A college also teaches a person to adjust to varied personalities and backgrounds of his associates he has not had the experience of encountering before this time.

Who are the administrators, student body officers and important members of the student body? Knowing more about the counselors and instructors than the fact that they lecture for 50 minutes every two days can make college interesting in many ways. Also, knowing that the men's and women's honor organizations are available to all students on-campus who have been part of the whole school picture can be valuable.

The how of the college is the most important. How is a student with average intelligence and a desire to serve the school expected to do all the things listed in the what, where and why of college and still maintain the rank of student? This is for the individual to find out. —BOBBI WAGNER

VC Awaits Distribution Proposal

Valley College will soon know what portion of the \$20 million allotted to California junior colleges in the November election will be hers.

Next Thursday and Friday, Feb. 21 and 22, the legislative and finance committee of the California Junior College Association will meet at Sacramento City College to draw up a proposal for the distribution of the money. A general agreement of the committee is essential before the proposal can be put into bill form and sent before the state legislature for further deliberation.

Los Angeles presently represents 17 per cent of the total junior college enrollment in the state. If figured on a strict percentage, L.A.'s share would total approximately \$3.4 million, according to figures quoted by Valley President William N. Kepley Jr.

Participating Clubs Important to Campus

Today is Club Day! Forty-eight clubs offer an opportunity to Valley College students to participate in college life—to supplement classroom learning.

Being a part of a college is more than memorizing facts or learning a skill or a trade or preparing for a profession.

It is working with other students, making friends, serving one's college.

Joining a club can be fun. There are 8 honor clubs, 4 service clubs and 26 interest clubs on campus.

Interest clubs such as the German Club and French Club usually supplement classroom instruction in languages. The Art Club is mainly for those students who have an interest in expressing themselves on canvas, and the Sports Car Club is for car enthusiasts.

Honor societies require a higher grade

When put into effect, part of California's Master Plan of Higher Education, the new design for junior colleges, will be supported by the \$20 million, a minor part of the total \$270 million bond issue 1-A passed in the November election.

Increased financial support from the state will enable the junior colleges to continue their expansion programs and would affect Valley in the form of a new Math and Behavioral Science Building.

These funds are doubly important when it is realized that the enrollees on the junior college level will grow from the 62 per cent of all students in higher education that it now handles to 85 per cent in 1975. The allotments will further the progress of making junior colleges part of California's higher education system. —LINDA BOWER

point average in specific academic fields as foreign language, journalism, history or engineering. Tau Alpha Epsilon and Les Savants are campuswide honor societies. Two service societies on campus are the Coronets and Knights, Valley's official hosts and hostesses.

Politics isn't out of the picture either. The newest club this semester is the Young Republicans.

The college handbook, key to campus life, introduces the clubs, the various activities and the spirit of Valley. They are available at the Student Center.

Many of the active clubs have booths and exhibits at Club Day. Here is a chance for non-members to get acquainted with campus leaders and join a club.

Hail to Bishop Valentine

BY DENISE MANDELLA, City Editor

At first glance Saturn's grandson and St. Valentine are an incongruous combination, but historical annuals record them as ancestors, at different ends of a long pole, of Cupid's holiday.

Mythology, in a refreshing tale, tells of Saturn's Roman god grandson, Faunus, a prophet who parallels the Greek god Pan. Pan dwelled in the forest and was always falling in love, but suffered rejection due to his physical attributes which included horns and hoofs.

Through Roman mythology Faunus eventually became synonymous with the name "Lupercus." With Lupercalia, the pole separating St. Valentine and Saturn's grandson shortens.

If we set our social dates by the Roman calendar, Feb. 14 would appear as a red letter day, for this is the eve of the celebration of Lupercalia. This celebration culminated on Feb. 15 with a wild foot race through the streets of Rome. It was during the holiday of Lupercalia when eligible young women would place their names on slips of paper to be chosen by Roman gentlemen. Parents always hoped the best for the couple, and hoped, although it was a game, with Cupid's help, it might turn into lasting love.

As the Christian Church and its influence grew within the empire, church leaders protested the continuance of the pagan holiday of Lupercalia.

Christian leaders replaced Lupercalia with a martyred Christian bishop, St. Valentine. St. Valentine was apparently beheaded on Feb. 14. This day fitted appropriately into the Roman calendar.

England and Scotland, once territories of the Roman Empire, practiced the holiday of St. Valentine. It

was in these lands that the choosing of names became known as "drawing a Valentine."

Faunus, Pan, Lupercalia and St. Valentine are mosaics, forming a heart-shaped object, pierced by Cupid's arrow. As Charles Lamb wrote, "Hail to thy returning festival, old Bishop Valentine..."

Kennedy and Nixon To Wage Debates

The series of "great debates" between Kennedy and Nixon are just beginning at Valley instead of being a thing of the past. Kennedy and Nixon have enrolled in Mrs. Frances Economides' speech and debate class, which meets at 9 a.m. Monday, Wednesday and Friday in B 53.

The debates, however, may take on a new form at Valley, for Nixon has turned "Democrat," and, of course, Kennedy is still riding the Democratic donkey.

Valley's political debates will be waged by 19-year-old Charles Nixon, who turned Democrat, and by Kennedy—Patrick Kennedy, that is.



"Roses are red, Violets are blue... Do exercise four on page 652!"

LIONESS' PURRS

Entertainment Grows As Valley Expands

BY BOBBI WAGNER, News Editor

AS THE POPULATION grows, so grows the Valley, seems to be a popular quotation nowadays. And with the growth in population the Valley inherits more and more entertainment opportunities.

Plays, lectures, art shows and many more facets of entertainment which five years ago were considered more for the kindred souls of the non-Valleyites, have planted their seeds in fertile Valley soil and grown to unimaginable heights.

Presently there are almost a dozen legitimate stage plays running in theaters in the Valley. "Bus Stop" at the Valley Theater in Woodland Hills weekends only, "La Ronde" at the Northridge Theater and "The Drunkard" at the Comedy Theater in Van Nuys are only three of these.

Most of the theaters charge a nominal fee, and dinner is included at the Comedy Theater. FOR THE ARTISTICALLY minded there are many art studios which offer annual or semi-annual showings of their students' work. The Art Pad, operated by Minerva Herzog, who is also the instructor, holds student shows annually, usually drawing 400-500 spectators. No admission fee is charged and refreshments are served. The studio is located in Encino.

Avenue of Missiles is open to the public daily for the scientific enthusiast. Located in Van Nuys across the street from the Lockheed Missiles and Space Company, five full-scale missiles and a satellite are on display. The models are lighted at night also.

SPORTS HAVE HIT a new peak in the Valley due to the rigorous schedules of the two junior colleges and the four-year college located here. Football, basketball, swimming, track and many other events are open to

the public for a nominal fee several nights a week and on Friday and Saturday particularly.

Lecturers such as Ogden Nash, Dr. Willard Libby and humanitarians like Eleanor Roosevelt have spoken to students and the public when they have appeared at the various colleges and women's clubs. Coming Feb. 19 to Valley College the Athenaeum program presents Harrison Salisbury speaking on "The Coming Conflict Between Russia and China."

STARGAZERS are invited to the Griffith Park Observatory for the theater presentations daily, except Monday, at 3 and 8:30 p.m. with extra matinees on Saturday, Sunday and holidays. A fee of 75 cents and 30 cents for adults and children, respectively, is charged for all shows. The twin refracting telescope is open to observers from 7 p.m. to 10 p.m. on clear nights.

For the less actively inclined there are many organized clubs in the Valley for interests such as chess, bridge and library groups. The Valley Bridge Center in Sherman Oaks and Reseda offer both lessons and tournament play. There is even the Van Nuys Order of Scottish Clans, which meets twice a month.

WITH THE VALLEY becoming more easily accessible through the completion of the Ventura and San Diego freeways, Angelinos will soon consider the Valley more and more as a place of cultural achievement instead of just a place to take the kids for a Sunday afternoon ride.

Legislative Year 1963 Most Important Ever

BY BRENT CARRUTH, Managing Editor

The 1963 legislative year is the most important in California's history as far as junior colleges are concerned.

So reported Walter T. Coultas, assistant superintendent in charge of junior colleges, Jan. 22 at a press conference for Journalism 1 students competing for a \$50 scholarship.

Coultas, who headed the fall Conference of the California Junior College Association (CJCA) at Fresno, discussed the current legislative year.

Before becoming assistant superintendent of the junior college chain, he was Valley College's president. The administrator came to the campus in 1949 to assist Dr. Vierling Kersey, former Valley director, in beginning the college.

One of the most important topics of the current legislation is the discussion of the "master plan" or Donahue Act, which was passed in 1960, Coultas said. The plan was initiated to handle the rapidly expanding enrollment by placing the large majority of lower division students in junior colleges by 1975.

"In fact," said Coultas, "by that time 85 per cent of lower division students will be in junior colleges, whereas there are only 62 per cent at the present time."

Proposition 1-A's passage makes \$20 million available for junior colleges, but the question of distribu-

VALLEY FORGE

San Francisco Has Complex Personality

BY RICK MARKS, Editor

San Francisco, the great cosmopolitan city of the West Coast, was the meeting place last weekend of the annual California Newspaper Publishers Convention. This columnist, along with three other Valley College representatives, was part of the over 1,000 professional and college journalists in attendance.

The city of the Golden Gate is a complex of personalities. It leads the United States in night life, suicides, hills, marine industry, fires and earthquakes. And it's last in these 50 states in gas stations, sunshine, careful drivers and level ground.

Of course, the first thing one notices upon arriving in San Francisco is the hills. You don't walk in San Francisco, you climb. In fact, the only thing more slanted than the streets of San Francisco are the city's newspaper reports of a Gov. Brown press conference.



Rick Marks

Fires and earthquakes have leveled the city nine times during the last 100 years. But each time the proud citizens have rebuilt their great city. The town always seems to be having a catastrophe. Even in the short time we were there the Ferry Building had a five-alarm blaze, and just a week earlier a century-old Catholic Church burnt to the ground.

The convention itself was interesting, entertaining and enlightening. Gov. Brown held a press conference specifically for the college journalists, which was also attended by the San Francisco press. He reaffirmed his strong stand against capital punishment, stating that it had "no place in a civilized society."

The governor also attacked boxing, said that there would be no tax in-

crease during the next two years, declared that he is completely in favor of the money being allotted for education in the state, and that he is backing the rehabilitation of narcotic addicts.

Veteran newsmen on hand said that it was the governor's best press conference they had ever witnessed, but reading their reports afterwards made one wonder whether they had been talking about the same governor.

Virgil Pinkley, former editor of the Los Angeles Mirror, spoke at the Saturday luncheon on Southeast Asian affairs. He praised the Philippines as a rapidly growing country whose "freedom of the press is equal to that in any nation in the world."

Included in Pinkley's speech were assorted optimistic statements from Chiang Kai-Shek which would have made Cassius Clay sound modest. Pinkley said that the president of Formosa told him that Red China was just a "temporary government," and that it was just a matter of time before the 600,000 people of Formosa won China back from the 600 million Communists now occupying the country, but only with the moral support of the United States and, of course, some military assistance.

When we left the room and went outside, there was a cold, hard rain falling, and it was a good thing, because we needed something to shock us back into reality.

THE CLIFF'S EDGE

Birth Rate Climbing At Cancerous Speed

BY BRENT CARRUTH, Managing Editor

SOMEWHERE ON the globe life begins every three seconds; it is amassed at a rate of two million per week. Births are occurring at such a startling proportion that actually "the world has cancer," for the human life is now threatening to destroy any hope of world prosperity.

Babies are among the most celebrated subjects in the world. Great painters have painted them, poets have praised them as symbols of happy innocence and purity. Yet the increase in world population of 37 million per year has been a matter of public concern during the past decade.

Lack of food and water are only two things associated with over-population. Equally serious problems would be the limited space allotted to each individual, lack of employment and other serious conditions.

AT THE PRESENT rate of growth there would be 6.2 billion people in the world by the year 2000, which is double the present population, and 600 years hence each person would have only one square foot to live, eat and sleep on.

In "Population Density and Social Pathology," written by John B. Calhoun, the problem was tested by observing Norway rats in over-populated conditions. After checking and rechecking his findings, Calhoun wrote, "When population of laboratory rats is allowed to increase in a confined space, the rats developed acutely abnormal patterns of behavior that can lead to extinction of their population."

In fact, Calhoun's experiments showed that infant mortality ran as high as 96 per cent where it was most crowded.

LIKE THE RAT population, people in the civilized world have had fewer and fewer children, but improved hygiene has kept more alive, and it has expanded the average life span.

There have been many remedies advocated as a solution to the growth. To some the foremost idea is birth control which has proven extremely successful in Japan, where birth rates have been cut in half by application of this system. Many other areas have also been aided by birth control, but there are more suitable answers to the problem.

One remedy would be freer migration of the world's population to the sparsely inhabited regions of the globe. For years now there has been an urbanization trend which has continuously plagued nations and continents. Canada, for example, has less population than Burma, and Australia has fewer people than Tokyo. SPACE TRAVEL is another thing

that will make vast new regions available for colonization, and not in the too distant future. No longer in the realm of science fiction, travel to other planets seems to be the best solution to the ever growing mass of humanity. Rather than investing billions of dollars for armament which becomes obsolete before it is ready for military use, it would be more practical to invest in the "new world"—outer space!

THE GROWTH of population, which has become malignant, is too great a problem to take a back seat stand on. It affects every aspect of life, and therefore it deserves great attention. Not only should the leaders of each domain be concerned, but the world's populous should actively help combat the problem.

Beard Facts Expose Truth

If William Shakespeare was correct, the VC faculty is "infiltrated" by only three men.

That's right. When questioned about his own beard, the Bard of Avon replied, "He that hath no beard is less than a man." Which leaves Valley's male faculty reduced to the Three Musketeers: Flavio Cabral, Ray Morrison and Bernard Mazo.

In Biblical passages the only clean-shaven men were those in mourning or lepers. When the Ammonites shaved King David's servants, David waged a blood bath in revenge for the insult to his men.

But another warrior, Alexander the Great, allowed no beards in his legions, his contention being that the enemy could grab the chin foliage in hand-to-hand combat.

The 18th century Russian monarch, Peter the Great, thought beards to be uncivilized and placed a tax on them. Sixty years later his "progressive" daughter Catherine repealed the tax.

Americans have been less than tolerant, too. In 1830 Joseph Palmer was stoned and imprisoned in Pitchburg, Mass., for being less than clean-shaven.

Today Valley College's three professors are part of a legion of 200,000 American males. Each professor can anticipate saving 36½ hours this year by not shaving, and not having to cover one-half a square mile of facial covering.

Campus: A Blend Of Races

BY LYLA WEINTRAUB
Staff Writer

America originated as a land of opportunity—as a society of immigrants—each starting anew on an equal footing—each contributing their special skills, knowledge and strength—eager to build lives for themselves in a country that would allow them to do so. These facts gave our nation a flavor and character that make it unmistakable, a greatness that has grown through the years and continues to grow in our schools today.

That this is widely recognized is shown by the attendance of foreign students at Valley College and other Southern California schools.

Schools throughout the country and especially in California, make available every possible opportunity for foreign students. Some come as exchange students—many are brought here on scholarships given by our government—many are sent by their own governments, to prepare them for future leadership. Many more are sent here by their families, because of lack of educational opportunity in their own school system.

Constant Awareness

Our doors are open to all of them. There is a constant awareness on campus, cafeteria and classrooms, teaming with excitement and activity, of the present day "melting pot." Students of every race, creed, color and religion mingle in harmony—working and studying side by side—each contributing his special skills and knowledge.

The International Club, composed of students from many lands, is a center for finding understanding, forming new friendships, and overcoming loneliness. The members come from many countries, including Kenya, Jamaica, Hawaii, Greece, Sweden, Germany, Japan, Canada, Cyprus, Peru, France, Turkey, Lebanon, Mexico, Iran, Okinawa and many American students, of course.

They do philanthropic work as well as hold social parties. One hundred students recently attended a get-acquainted party. The decorations were from many lands—the music was exciting and the dancing most interesting.

Jamaican Student

Among the students present, Carmen Hoo, from Jamaica, entered VC in September '61. Counselors helped select a major and suggested that she join the International Club. There she made many friends, and has recently become engaged to an American boy.

Lisette Wan, from Tahiti, entered Valley College in September '62. She majors in business and secretarial sciences and hopes to renew her visa when it expires.

She is the youngest of 11 children and has been away from home for two years. She smiled and said, "I was homesick and lonesome until I joined the International Club. It is a wonderful way to make friends and I can't see why all foreign students don't join."

Views of Students

The views of the foreign and American students on campus clearly brings out the importance of the interchange of ideas for our continued growth and development.

The significance of the contribution of the foreign student on campus is at once apparent. Social consequence, deeper understanding of each other's ways and each other's countries follow. Unity is developed from mingling of students, diverse in origin, but sharing a common devotion to friendship and education. This truly is the modern version of the American Melting Pot.



BAKE SALE—Anita Krohn, past Coronets president, stands with the Coronet Club's Day display last fall. A shoe shine stand has been added to the Coronet's Club Day bake sale today in the flagpole area.

—Valley Star Photo by Charles La Bue

MONARCHS MEET

TODAY

CLUB DAY—Flag pole area
Series, "Atomics," C 100
11 a.m.—Occupational Exploration

FRIDAY

LAST DAY TO FILE PETITIONS
FOR GRADUATION IN JUNE
1963

MONDAY

VOTING FOR FRESHMAN AND
SOPHOMORE CLASS ELECTIONS,
9 a.m.-2 p.m.; 7 p.m.-9 p.m.

8:30 p.m.—Athenaeum Museum Film,
"Song Without End," Women's
Gym

7 a.m.—Coronets, Banquet Room
7 a.m.—Knights, Banquet Room

TUESDAY

11 a.m.—Occupational Exploration
Series, TA 101

11 a.m.—IOC, Student Center

12 noon—Executive Council, Student
Center

8 p.m.—Athenaeum Lecture, "The
Coming Conflict Between Russia
and China," Valley College Theater

TRAVEL, ANYONE?

Learn About a 55-Day Tour to
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Clubs

Valley Writers' Club Elects Officers, Delegates for Spring '63 Semester

Valley Writers' Club held election of officers and delegates at their monthly meeting from 8-12 p.m. at Lila Silvers' home. Refreshments were served, and several members volunteered to read selections of their work for evaluation and discussion.

This semester's officers are Norine Davis, president; Margie Kenek, first vice president; Bernice Winters, second vice president; Gay Cutting, corresponding and recording secretary; and Helen Shrank, treasurer.

The members appointed as delegates are Peter Bray, parliamentarian; Elaine Hunt, historian; Emanuel Simons, publicity and scholarship; Florence Small, telephone; Betty Landgon and Lila Silvers, refreshments; J. H. Gunka, I.O.C.

Council Investigates Students' Problems

Peter Recchia Jr., recently appointed president of the Associated Men Students, has named a temporary four man AMS council. Members of the council are Mike O'Brien, Jeff Harrison, Roy Stone and Bob Brennan.

While working under the super-

vision of William Lewis, dean of student activities, the AMS president and council will discuss problems which concern Valley's male students.

Recchia plans to organize intramural teams to play Pierce and other college intramural teams.

Club Day Project Revealed by VABS

VABS club day project is secret, but to give a clue to its identity are the initials, VB, CAIN, VUA. These initials will also be displayed on posters throughout campus today. Also given today was a speech on Data Processing which was held in C 100 at 11 a.m.

Some of the events scheduled for the semester are Feb. 28, a general meeting will be held in B 72 at 11 a.m. and March 2 a welcoming party will be given for the new and old members which will be free of charge.

Dummy on Display Features Equipment

A dummy dressed in ski clothing displaying German ski equipment,

will be featured by the German Club today at Club Day.

"The figure will represent German interest in skiing. Half the club likes skiing, while the other half enjoys fencing," said Vera Soper, associate professor of German.

The German Club will also have a booth explaining what a "stammtisch" is to all students who are interested. Coffee will also be served at this booth if the students request it.

The German Club holds meetings Tuesdays at 11 a.m. in FL 104.

Semester Activities Launched by SCTA

The Student-California Teachers Association will launch its spring semester activities with a "welcome" meeting Tuesday, Feb. 19, at 11 a.m. in FL 111.

Among the year's trips, activities and lectures will be an excursion to Camerillo State Hospital. A schedule of speakers and activities is being planned.

Officers for the coming semester are Bob D'Amato, president; Ruben Gandara, vice president; Holly Winters, corresponding secretary; Jim Kinkead, IOC representative; Carmen Hoo, recording secretary; Helaine Spoor, treasurer; and Dale Troop, publicity chairman and historian.

SCTA advisers are Eleanor C. Vaccar and Dr. George H. Herrick.

Members Announce Get Acquainted Plans

The International Club held its first meeting of the semester Thurs-

day, Feb. 7, to formulate plans for the coming semester.

A get acquainted beach party was planned for Sunday, Feb. 10, but due to the rain, became a house party at the home of Mitch Robinson, president.

On Club Day, John Leoning, from the North American Karate Association, will appear with several "black belt experts." He will give a general exhibition on the fundamentals of karate, and the power that can be developed through karate. The exhibition will include audience participation.

Recommend Immunizing

Lockjaw can result from trivial injuries, ones apparently unimportant enough to warrant a physician's care. Immunization with tetanus toxoid before injury is the only way to prevent this disease, Valley's health office has declared.

Such immunization is urged for everyone by the health office, and people having taken the active immunization should carry a record with them at all times, to avoid receiving the dangerous antitoxin in case of injury.

Tetanus bacilli, a tough, virulent germ, living normally in the intestines of many animals, particularly horses and cattle, can be present almost anywhere and lives many years under adverse conditions in the soil. A sound way of thinking when confronted with an injury is to assume that the wound is contaminated with the organisms, health officials say.

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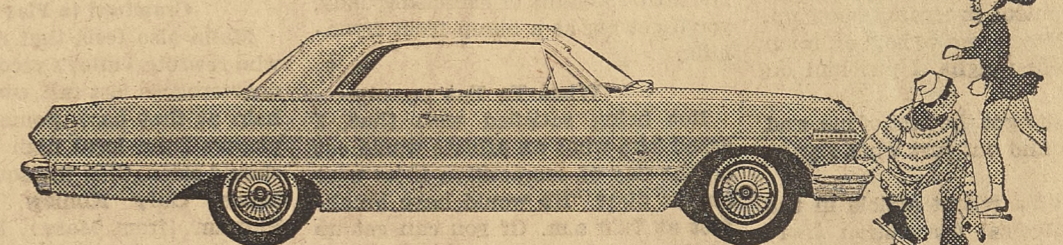
Four different ways to make going more fun than getting there

You can see why one of America's favorite outdoor sports is driving Chevrolets, with four entirely different kinds of cars to choose from. There's the Jet-smooth Chevrolet, about as luxurious as you can go without going overboard in price; the low-cost Chevy II, a good-looking car that would send any family packing; another family favorite, the sporty Corvair, whose rear-engine traction

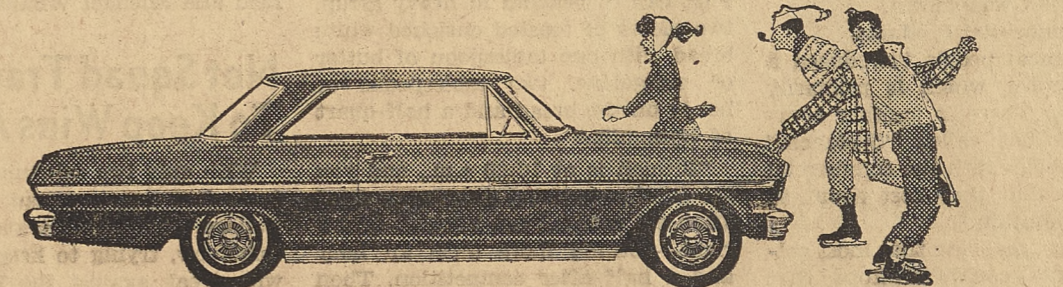
will make you think that ice and snow are kid stuff; and for pure adventure, America's only sports car, Corvette—now in two all-new versions with looks that can stop traffic like a rush-hour blizzard. Picked your favorite already? The next thing is to take the wheel at your Chevrolet dealer's. If that doesn't have you thinking of places to go, maybe you'd rather just have a ball around town!



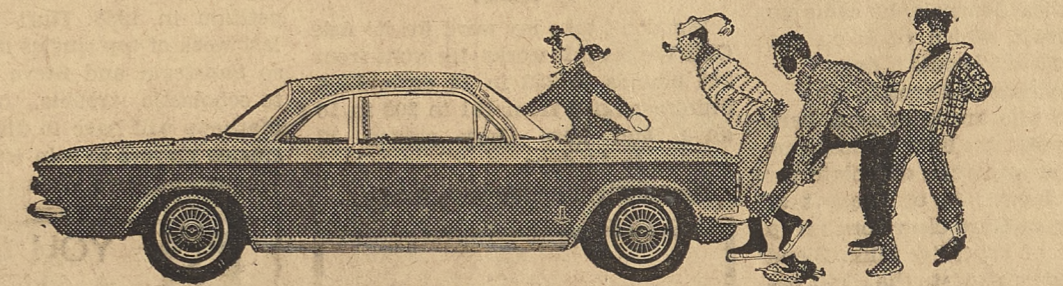
Keeps Going Great



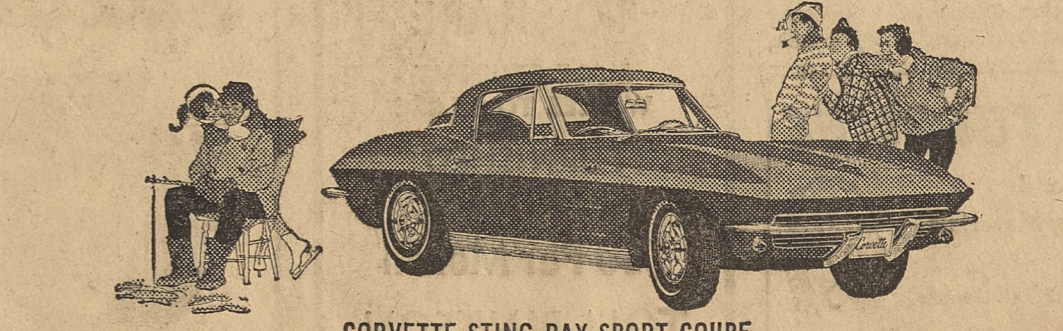
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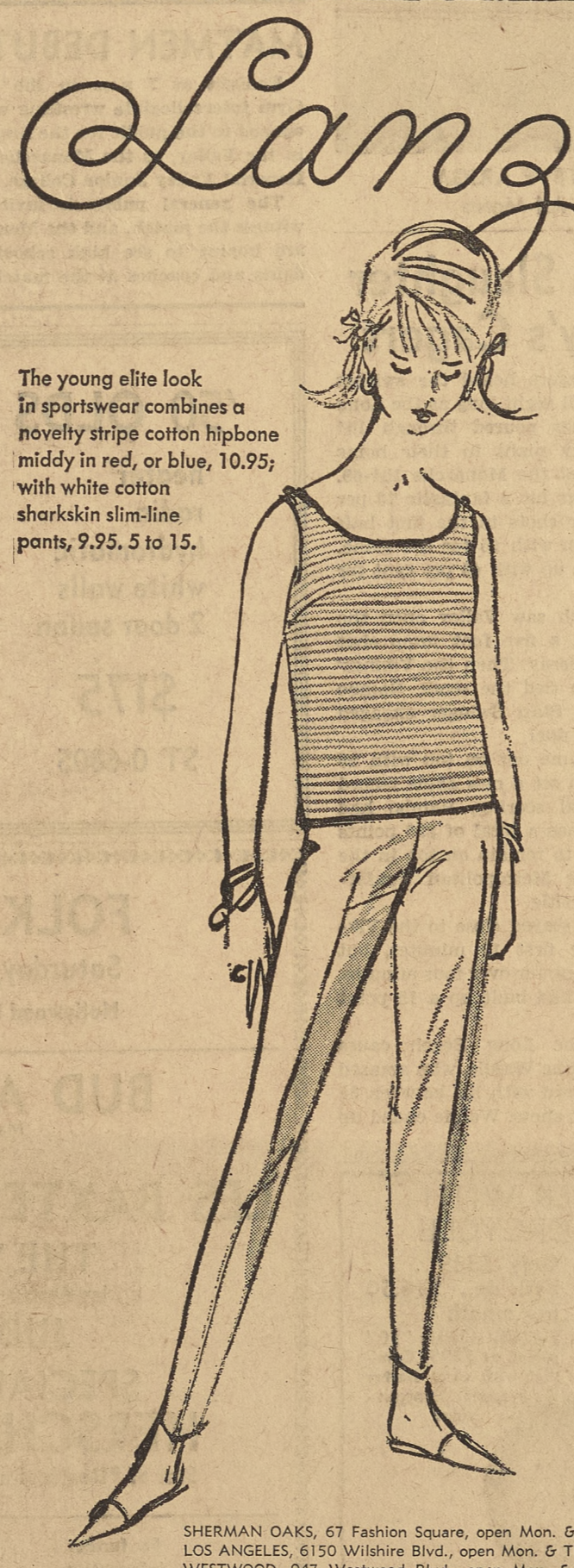


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BEVERLY HILLS, 9641 Wilshire Blvd., also PALM SPRINGS

Spring Athletic Events Start Tomorrow

Orange Coast Initial Swimming Opponent

BY TED WEISGAL, Staff Writer

What coach Mike Wiley calls "the finest swim team Valley College has ever had" opens its 1963 season tomorrow afternoon at Orange Coast College with action expected to get underway at 3:30 p.m.

Last year Valley won the Metropolitan Conference title with a 5-0 record and completed the over-all dual meet season with a 9-2 mark. The Monarchs only losses came against USC's varsity and frosh.

Team Loses Three Vets

With a host of returning lettermen and high school transfers, the loss of three freestylers—Jim McGrath, Jim Bain and Bill Taylor—will be significant, but should not affect the team's chances for another conference championship.

Last year McGrath became the best freestyle sprinter in junior college history as he set national records in both the 50 and 100-yard events.

Since Bain scored a victory in the state meet's 220 freestyle and a second in the 440 free, his graduation also becomes a big loss.

Taylor, a member of the relay team, is the third of the freestyle tandem which will be absent from the squad this year.

Bigger Returns

With the return of freestyle sprinter Hal Bigger (100—52.2), all is not lost. Dave Dixon, the other returning freestyler, is a distance swimmer. He has a 1,500-meter time of 18:45.7 to his credit.

The addition of high school grads Ross Schenck (50—23.5) and Al Weiss (50—23.1) gives the Monarchs material which could develop into another strong freestyle team.

For the middle distances, newcomer Steve Meyer could be the freestyler who will fill the hole. In his specialty, the 440, Meyer has a respectable 4:50.0 clocking.

Record-Holder Returns

Backstroke record-holder Larry Raffaelli (220—1:09.1) plus Gary Worth (100—1:00.8) and Jon Olin (200—2:14.4) combined with freshmen Bill Dutton and Walt Quinn will give Valley plenty of depth in the event.

First-year man Ken Merten gives

Valley plenty of strength in the breaststroke. In practice last week he clocked off a 1:01.4 for 100 yards. This time is 1.6 seconds off the national junior college record.

Merten also has a 2:16.0 in the 200 during practice. This time is 4.4 seconds slower than the JC record for the event.

Waite to Compete

Letterman Denny Waite (100—1:07.8) and freshman Mike Wood (100—1:09.0) are also expected to compete. Depth seems consistent with this event.

With John Sato, a seventh place finisher in the National AAU butterfly event, competing for Valley, two years of first places seem possible in this event. Sato has a 100-meter butterfly time of 59.9 as his all-time mark.

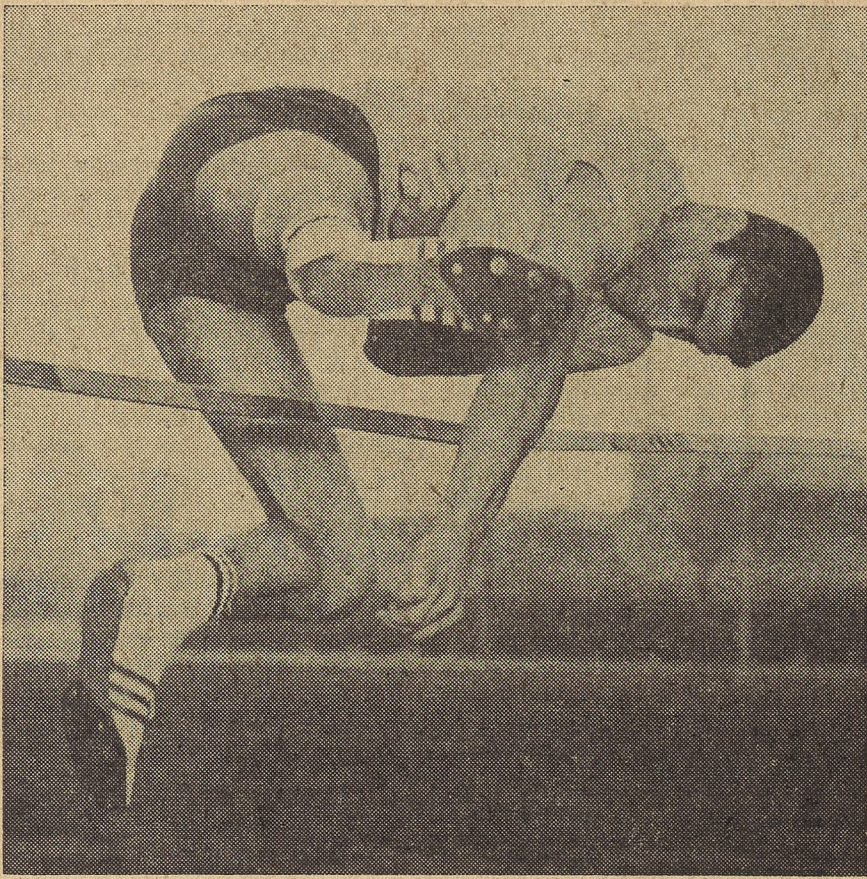
Scott Noblitt (100—57.8) is the only returning letterman in this event. Coupled with Sato, a great deal of power is prevalent here, too.

Whitworth to Carry Load

In diving Bob Whitworth will have to carry the entire load for the second year in a row. After a third in the state meet three-meter board event last season, Whitworth seems ready for a busy season.

"In the past three years, Valley has become a real swimming power," said coach Wiley. A third in the state meet in 1960 and a fourth last year bears this point out. "With the caliber of the squad members this season, the state title is not out of reach," said the coach.

Coach Wiley feels major obstacles at this time are Long Beach, which is also Valley's biggest competition in the Metro race, and defending state champ, Foothill.



UP AND OVER—Metropolitan Conference high jump champion Sy Ornstein warms up for the 1963 dual meet season which opens Friday against UCLA's Frosh.

—Valley Star Photo by Burt Haas

VC Baseball Team Opens With Vaqs

BY STU ORECK, Sports Editor

Valley's baseball team, including 10 returning lettermen, is anxiously awaiting Monday's opening game of the season. The Glendale Vaqueros will invade Valley at 2:30 p.m.

They will be trying to avenge last year's 7-3 defeat. The Monarchs have faced the Vaqueros 21 times with Valley holding the edge, 12-9.

Ariga's Back

Steve Ariga, Valley's 1962 all-Metropolitan Conference selection, heads the list of returning lettermen. Pitchers Gary Ball, Pat Doyle and Rube Erlich have also returned. Others returning are Spencer Atkins, Fredrick Brockway, Robert Hovey, Johnny Jones, Stephen Malter, Anthony Sartori, Dennis Zeuner and Al Crawford.

Coach Charlie Mann isn't too optimistic about his team's chances for winning the conference. He said, "We'll have to improve a great deal to be a contender."

Lions to Play Double Headers

Valley plays a total of 28 games, including seven double headers this season. "With our pitching staff, the double headers will take a lot out of them," said Mann. The Metro Conference will be playing a triple round for the first time.

For as long as coach Mann can remember, Valley has never had four catchers in camp. Along with the four catchers he has this year, there are 26 other ball players, but the Lions still have one problem. "There are only four outfielders on the team, and one is Ariga, who is a converted infielder."

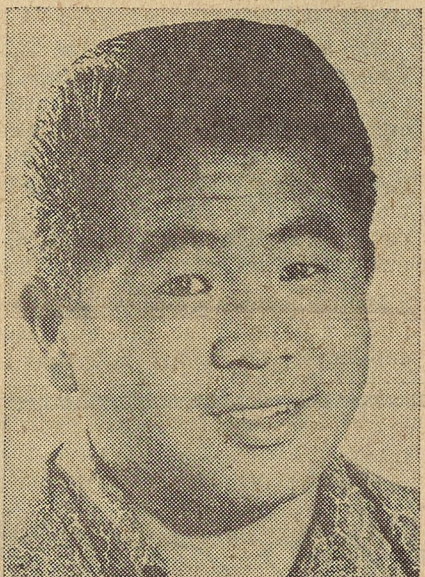
Crawford to Play Ball

Mann also feels that Al Crawford, who rewrote Valley's record books for quarterbacks last fall, can be of some help at first base. Some of the ball players from local high schools that should strengthen the squad are Alan Davis, Gary Koniow, Christopher Putnam (from Mass.), Robert Robertson, Don Rosselli, Russell Sanserino, Randall Shelden, Kenneth Westfield and Michael Whaling.

Net Squad Travels To Keep Wins Alive

With only two returning lettermen from last year's squad, the Valley College tennis team travels to Pierce tomorrow, trying to keep alive their win streak against the Brahmas.

The Monarchs have never lost to the Brahmas since they began competition in 1958. Hurt by the loss last week of top singles men Alphonso Saustegui and Steve Caplan due to scholastic trouble, coach Mark Mathews will have to find four more singles players to join lettermen Jeff Wayne and Pete Weintraub.



STEVE ARIGA
All-Metro

Vikes Slaughter Valley's Cagers

Valley's cagers heard the swishes of the nets all night long as the Long Beach Vikings poured through 104 points Friday night in their home gym to defeat the Monarchs 104-69.

The Vikings hit a fantastic 70 per cent of their shots in the first half and ended up with 65 for the game. Valley ended up with 45 per cent for the game.

Long Beach saw Valley open the scoring with a five foot jump shot by Xavier Leelay. Then the Vikings' John Rambo tied the score. Rambo and Valley's Stan Swinger engaged in a scoring duel.

Swinger came out on top with 28 points, which set a new game record for individual scoring. Rambo had 27. He now has a total of 220 points in 10 games to remain on top in the race for the Metropolitan Conference scoring title.

The Lions stayed close to the Vikings for the first 10 minutes, but after not scoring for over four minutes, Long Beach had built up a 15 point margin.

Helping the Long Beach cause along with Mike Waldie, who amazed the home crowd with his between 35 to 45 foot set shots. Waldie ended up with 22.

Monarchs Meet UCLA Frosh; Strong Squad Shoots for Title

BY ROGER KARRAKER, Assistant Sports Editor

Track season arrives on the VC campus tomorrow with an exceptionally strong group of sprinters and high jumpers leading the Monarch track squad against the UCLA Frosh in their initial meet of the year.

Two state champions and five L.A. City champions will headline what may prove to be the strongest junior college track team in recent years.

Hurdler Ron White (Dorsey) and Otis Burrell (Jefferson), undefeated last year in winning state high school championships, definitely figure to lead the Monarchs in scoring, followed closely by Southern League sprint champion Herman Harville.

Metropolitan Conference two-mile champion and state cross country champion Dick Krenzer leads the Valley distance runners. With a 9:33.6 two-mile and a 4:14.8 mile, Krenzer

stands a good chance to double in the Metro mile and two-mile.

Last year White set the Southern League and City records while tying the state record of 13.9 in the high hurdles. Burrell high jumped 6 feet 8 inches to set another league and city record. Unofficially Burrell has cleared 6 feet 10 inches. He is backed up by Valley record holder Sy Ornstein, who has cleared 6-6 1/4.

Dave Irons from Cleveland promises to team up with White for a 1-2 hurdle punch. Irons has turned 14.4 in the college highs, while White has had no college experience.

Backing up Krenzer in the mile is 1961 letterman Craig Stanman, who turned 4:21.4 on coach George Ker's 1961 Metro co-championship squad. Stanman and Marvin Murray lead the 880 men, both having bettered two minutes. Murray will also run in the mile.

Stan Emery and Cliff Mathews will give Harville added competition in the sprints. Last year Emery won the Marine League 100-yard and 220-yard sprints. He has run a 9.7 100 and a 21.3 220. With a 9.8 100 to his credit, Mathews gives VC a trio of sprinters that will be hard to beat.

The tentative Monarch squad with their best efforts is as follows:

100—Harville (9.5), Stan Emery (9.7), Cliff Mathews (9.9).
220—Harville (21.0), Emery (21.3), Mathews (22.0).
440—Bill Boyd (56.6), Ron Milne (50.7), Mike Mason (50.9).
880—Stanman (1:57.6), Murray (1:59.9), Boyd (1:58.6).

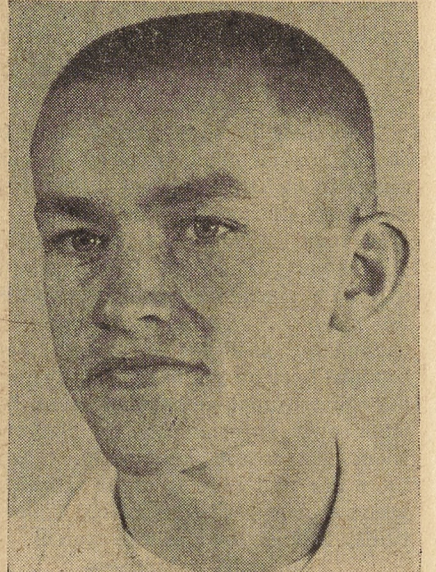
Winter, Niesen Lead Fencers

Fritz Winter and Barbara Niesen will lead the Valley College fencing team as the Monarchs defend their championship in the UCLA fencing festival this weekend.

Winter, current collegiate sabre champion of the Western States, will lead the Monarchs in sabre, foil and epee competition. Two weeks ago Winter became the first collegiate fencer in history to capture the Los Angeles Open Sabre.

Miss Niesen has currently been working out with UCLA fencing coach Mel North. Next semester she will attend UCLA on a fencing scholarship.

Last year Valley defeated 13 other colleges to win the championship, knocking off Valley State by one point in the finals.



DICK KRENZER
Distance Ace

Mile—Krenzer (4:14.8), Stanman (4:21.4), Murray (4:23.5).
2-Mile—Krenzer (9:33.6).
HH—Irons (14.4), White (13.9), Ron Phillips (14.4), White (13.9), Phillips (13.3), Irons (13.3).
HJ—Burrell (6-10), Ornstein (6-6 1/4), Merlin Holdes (6-5).
FY—Monwell Fuller (13-0), Richard Baes (13-0).
SP—Howard Briles (48-9), Norm Hantrion (45-2), Mark Suelkart (12-3), shot, 54-1).
Discus—Hantrion (140), Gil Parsley (137).



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STU'S VIEWS

Special Milk Helps Athletes

BY STU ORECK, Sports Editor

Are you the kind of person who can't gain weight—even after eating everything in sight or following a doctor's prescription? Then what you need is "DYNAMILK."

Yes, Dynamilk. Never heard of it? Neither had I until Friday afternoon when I was at the gym talking to coach Nick Giovinazzo about his wrestling team.

Discussing Wrestling

We were discussing the different weight divisions, when the subject of how to train properly, which includes a weight control program, came up. He said, "Whenever a boy of mine needs to gain weight, I put him on Dynamilk."

My curiosity got the best of me, and I had to find out just what Dynamilk was.

Because of a recent article in the American Medical Association Journal, a need for some type of liquid diet instead of a solid meal on a day of competition was shown.

Commercial Products

The Metracal people introduced a special mixture, which is primarily for athletes. There is another commercial product called "Sustagen," but the problem with the commercial products is that they cost about \$3 a day to maintain.

Giovinazzo, realizing that most college students couldn't afford that kind of money, decided to work out a formula of his own. After consulting various medical journals, he came up with Dynamilk, which costs on the average of 27 to 37 cents a day.

Giovinazzo's Formula

For those who are interested, here are the ingredients: Four tablespoons of Hershey or any other chocolate (or any other flavor), 3/4 of a quart of milk, 1/4 cup of Karo clear corn syrup and 2 cups of dry skim milk. Blend together and refrigerate the night before competition.

And for those in the science department who might be wondering about the technical end of Dynamilk,

it contains 67 per cent carbohydrates, 21.9 water, 9 protein and 2.1 fat.

But there is one drawback, if you're not lifting weights or exercising daily, you'll get big as a blimp from Dynamilk.

What To Eat

Not being satisfied with that, I asked him what an athlete would eat on the day of competition if he were on his diet? "He would have breakfast at 7:20 a.m. (if you can get up at that time), which would consist of one 4 oz. glass of apricot juice or one 8 oz. can of peaches in heavy syrup, two pieces of toasted enriched white bread with one tablespoon of butter or margarine, two tablespoons of honey on the bread and a half-quart of Dynamilk."

"Brunch is at 10:20 a.m., and you get another half-quart of Dynamilk." Then eat nothing else all day—that's right—nothing more until an hour and a half after competition. Then you can have a regular meal.

It Works

But don't take my word for it! Ask Cliff Wetzel if it works. He went from 206 pounds to 222 in 14 days. Rick Phillips gained from 191 to 209 in 10 days, and Pete Gray gained 12 pounds in 15 days.

Personally, I'll stay with food...

APARTMENT TO SHARE

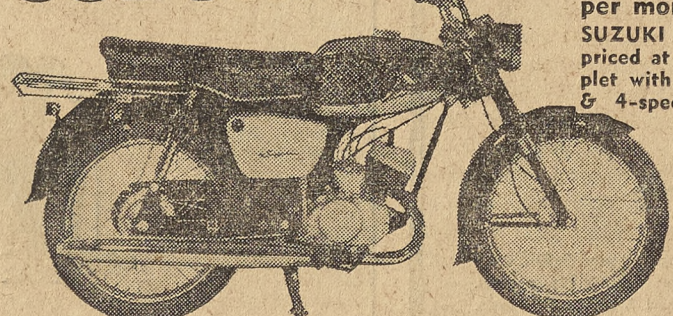
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